### Friendship Heights Village Center



# Calendar of Events 2018

SUNDAY	MONDAY	A N TUESDAY	U A WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Open House 2 to 3:30 p.m. Shuttle bus runs 1:30 to 4 p.m. between buildings and Village Center	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	3  10:15 a.m.: Yiddish 12 p.m.: Chess Group 5:30 p.m.: Community Advisory Committee Mtg.	8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Book of Henry	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking C 9:30 a.m.: Photograp for Children 10:30 a.m.: Basic Photography
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 2 p.m.: Tea and Talk: The Rohingya 5:30 p.m.: Program Advisory Committee Mtg. 7:30 p.m.: Concert: Eric Byrd	8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Beguiled	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking C 10:30 a.m.: Basic Photography
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m. 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books  Shuttle bus runs on weekend schedule	8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	9:15 a.m.: Depart for Philadelphia 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes	8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Paris Can Wait	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking Cl 9:30 a.m.: Photograph for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 2 p.m.: "Imagining Yourself at Age 120" 7:30 p.m.: Concert: Beau Soir	8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Leap	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	8:15 a.m.: Walking C 9:30 a.m.: Photograp for Children 10:30 a.m.: Basic Photography
9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m.: Tai Chi Intro.  10 a.m. – 2 p.m.: MVA  Mobile Office  10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength  Training	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: David Garlock		Green Gian	

#### Shuttle bus hours



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

#### **Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m

## Thank you generous neighbors!

A big thank you to all the Village residents who donated 589 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna is the main food bank in Montgomery County and feeds nearly 40,000 individuals every year.

